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HATS ON
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METRO STYLE {page 24}

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Airdrie. House fire

▶ Firefighters survey the damage after an Airdrie house fire yesterday afternoon.

KATIE TURNER/FOR METRO CALGARY

1 home destroyed, 2 damaged

RCMP and fire crews believe an Airdrie house fire began in the backyard of the home yesterday. No one was injured in the fire, but two adjacent homes received minor damage. The investigation is ongoing.

More than 150 dead in jet crash

Plane goes down in hills outside Pakistani capital {page 10}

Gibson meets with police

Discusses claims ex tried to extort cash {page 22}

Parents reel from fatal fall

Mother was hysterical after only child plunged from apartment balcony, witness told Metro

KRISTA SYLVESTER
@METRONEWS.CA

Family and friends of a young boy killed after he fell 28 floors from a Beltline building are trying to come to terms with his death.

Although his family was too distraught to talk to Metro, a family friend said Samuel Bete, 9, who on Tuesday afternoon plummeted from the balcony, was his parents' only child.

"They are in shock, they can't really believe this is happening and they are having trouble accepting it. It's so very sad," Shimeles Kebede said.

"They are too distraught, upset. I don't know what else to say."

Police say the tragedy appears to be accidental in nature. Investigators say they believe the boy leaned over too far when he fell from the Bromley Square apartment building at 10th Avenue and 1st Street SW in front of horrified witnesses.

Police say they continue to investigate and are looking into whether the child stepped onto anything on the balcony when he fell.

The victim assistance unit is continuing to offer support to the family and others affected by the tragedy.

Background

- Media reports say the boy may have heard his mom calling from the hallway when he rushed to the balcony.
- The family is originally from Ethiopia, and immigrated from Kenya to Canada in May 2004.
- There are 360 suites in the Bromley Square building.
- In 1981, a woman accidently dropped her 17-month-old toddler from a 16th-floor apartment.

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AMVIC LICENSED

'Booze ban' relaxed at Alta. parks

Campers will be heading out to Alberta's parks this long weekend, ready to sit back, relax and let off some steam — this time, without the "booze ban."

For the May long weekend, some national and provincial parks across Alberta turned off the tap on campers.

"It was our experience that the May long weekend had some pent up demand after people have been inside for so long," said Alberta Tourism, Parks and Recreation spokesperson Anne Douglas. "The May long weekend has always been the worst for liquor violations and enforcement."

PETER MCCARTNEY

$250K

The amount of an annual hockey endowment now available through the Daryl K. (Doc) Seaman Canadian Hockey Fund. Seaman, who passed away in January 2009, was an original Flames owner and a city philanthropist.

Sargent's charges to proceed

The Calgary police officer charged with luring a child over the Internet will not have his charges stayed, a judge ruled yesterday.

Judge J.D. Holmes ruled the officer, Randann Sargent, was not a victim of entrapment after being caught by an undercover police officer in an exchange of illicit photos.

Sargent pleaded guilty in May, and will face sentencing Oct. 15.

METRO CALGARY

CONTRIBUTED PHOTO

▶ Volunteers, residents and even a team from the Glenbow Museum in Calgary led an effort to salvage historical artifacts after a fire at the museum in High River.

Museum goes up in flames

- Fire crews arrived at the scene around 4 a.m. to battle blaze in attic
- The museum is staffed by a curator, but relies on volunteers

KRISTA SYLVESTER
@METRONEWS.CA

They got by with a little help from their friends.

High River's historic Museum of the Highwood went up in flames early yesterday morning, but town mayor Les Rempel said the damage and losses could have been a lot worse without the help from the Calgary Glenbow museum, surrounding towns and firefighters.

"We're quite fortunate we were able to salvage some of the pieces that were in the museum. We're very grateful because there are very valuable artifacts in there," he said.

"It was really nice to use Glenbow's expertise and have their knowledge when trying to recover the artifacts.

"We're also lucky we had a lot of artifacts in storage offsite."

Calgary Glenbow Museum spokesperson Megan Bailey confirmed a team was sent out to help High River salvage important pieces of art.

"They are going to continue to offer their help and expertise by sending a larger team out today to help," she said.

Fire personnel continue to investigate the cause of the fire and the amount of damage.

Facts

- The museum is actually a 100-year-old train station, and it was transferred from Calgary to High River 49 years ago.
- Officials say it appears the flames began burning on the outside, and spread to the roof and attic, though most of the damage is from water and smoke.
- The museum has won awards in the past.

1 news

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AMVIC LICENSEE

Former CTV anchor enters mayoral race

Higgins said, 'I have respect for money' She is the first female to enter the race amongst 11 men

KATIE TURNER
CALGARY@METRONEWS.CA

Despite months of rumours, Barb Higgins, said it was only within the last two weeks that she decided to run for Calgary's mayor.

The former CTV news anchor announced her candidacy yesterday morning amongst a room full of journalists and former colleagues.

"There have been rumours flying around for months that I was considering this but I can tell you that at that time, I was not," said Higgins, who left CTV July 22.

Higgins said a number of factors contributed to her decision but mainly, she wanted to be able to share her opinion.

"I have made the decision to jump in to municipal politics because I don't want to stay neutral anymore," she said.

"Three months ago, she insisted she didn't have an interest to run for mayor, but apparently there is interest now."
ALNOOR KASSAM, MAYORAL CANDIDATE

KATIE TURNER/FOR METRO CALGARY

▶ Former CTV anchor Barb Higgins ended speculation with her entry into the Calgary mayoral race yesterday.

Higgins said her former co-anchor would attest to the fact that she's had a passion for politics for years.

"Darrel (Janz) is sitting in the audience … and he, probably more than anybody, knows how passionate I am about things."

Higgins said she will be rolling out her full platform by Labour Day.

TITLE HEADER

Coke sting nets eight

Police have arrested an alleged "mid-level" drug dealer and also laid numerous charges against seven people in two different operations.

Acting Staff Sgt. Mark Hatchette said two separate drug operations concluded this week and between the two of them 29 charges were laid and police seized almost $17,000 cash, crack cocaine, marijuana and several weapons, as well as other drugs and manufacturing materials.

"These seizures were based on information from the public and for that we are very thankful," Hatchette said.

The seizures were made from homes in Erin Woods, Kensington and Marlborough areas.

KRISTA SYLVESTER

Meals on Wheels van stolen

Thieves broke into the storage facility of Calgary Meals on Wheels sometime on Tuesday night and stole four sets of keys and one van.

Staff is preparing for the thieves to return and is protecting their other 16 vans. Anyone who sees the grey van with a Brasso Nissan logo is asked to call police. METRO CALGARY

PETER MCCARTNEY/FOR METRO CALGARY

▶ West LRT construction has some residents fuming about inconvenienced commutes, and others concerned about increased cut-through traffic.

Construction frustrates condo residents

- West LRT completion is expected in winter 2012
- Vehicles cutting through other residential areas

PETER McCARTNEY
CALGARY@METRONEWS.CA

Residents of the high-class Aspen Estates development are growing frustrated with construction on 17th Avenue and 69th Street SW.

With construction creating chaos for commuters, many are turning to shortcuts that both inconvenience drivers and endanger the people living in communities they're driving through.

"They're blocking up our community for no good reason," said resident Ethan Henkelman, 19, who said the construction adds three or four minutes to his 10-minute commute.

3,565
The number of residents in the Aspen Woods community affected by the construction.

Henkelman, who lives in the West 17th lofts, said he doesn't think many people in the community will be using the LRT once it opens, and he's frustrated that they're the ones having to deal with the construction.

"The biggest issue is coming home — you can't turn left at 69th Street now legally," Henkelman said, though he added a lot of people make the turn anyway.

Instead, Henkelman cuts through 77th Street, where resident Jayasheen Arcot said she's seeing an increase in traffic, especially during peak times.

"I can't let my kids on 77th Street to play because there's plenty of traffic," she said.

NOMINATION

Radio personality could host with Regis

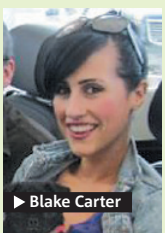
After making it to the top 100, one of Calgary's radio personalities may have the chance to co-host Live with Regis and Kelly.

Blake Carter of 90.3 Amp Radio was nominated by one of her listeners to co-host with Regis for a day.

"To have somebody recognize me right away and want to put me up for this, I was so flattered," she said.

Online voting runs from Aug. 9-11, but until then fans can write on Regis and Kelly's Facebook to tell them why they should choose Carter.

For more information, visit ampradiocalgary.com.



▶ Blake Carter

KATIE TURNER

Cops snatch $2.7M of pot in southeast

Police seized $2.7 million worth of marijuana plants at a southeast home in Copperfield yesterday.

The home in the 0-100 block of Copperstone Place SE was raided at about 10 a.m. yesterday, and inside police found 2,181 marijuana plants in all stages of growth, police said.

The investigation into the home began about eight weeks ago after a public tip.

METRO CALGARY

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CONTRIBUTED

▶ The Human Body exhibit will bare all at this year's Fringe Festival.

Fringe Festival invites all to come as they are

'Try something that you've never tried before,' says Fringe director Calgary Fringe iPhone app has schedule of performances, which cost $10 to $15

BRETTE EHALT
CALGARY@METRONEWS.CA

It's unscripted, inspired, profound — and it features a middle-aged naked lady.

The Human Body Project is one of 27 performances taking place in Inglewood at the Calgary Fringe Festival, which begins tomorrow and runs until next Saturday.

The Human Body Project features its creator, a mother of two girls and Lethbridge College teacher, Tasha Diamant.

Naked.

"I start by saying I'm not an actress. This is awkward. We're all in this together. Then we see what happens," said Diamant.

People are initially uncomfortable, she said, but they become vulnerable, too — which is what Diamant is after.

"I don't live in a war zone. I'm not an abused spouse. But I can create a situation where I'm vulnerable and then we can all experience it," she said.

"We live in a precarious world. We're vulnerable, but I don't think we really understand it. We need to get it."

Diamant was inspired to begin her project in 2006 following the birth of her first daughter.

"If there is anything I can do to help the world my children are inheriting, I feel like I have to do it."

Tickets can be purchased at calgaryfringe.ca, the Information Booth, or the venue.

10,000

The expected attendance at this year's Fringe, according to the director. Last year's attendance was more than 8,000.

Fewer people using city's homeless shelters

An increased vacancy rate in Calgary doesn't just have landlords down — it has numbers down at one homeless shelter, too.

The 2010 Civic Census revealed there were almost 4,000 more vacant housing units this April compared to last.

The vacancy rate is now 3.93 per cent.

According to Louise Gallagher at Calgary Drop-in and Rehab Centre, a softened housing market has impacted shelter space.

"We have seen a decrease in the numbers that we serve. It isn't as busy," she said.

"It's easier for our clients to get a place to rent. Rental costs have gone down and landlords aren't as selective. They are more willing to give (our clients) a chance."

Numbers are also going down at the Mustard Seed, according to Courtney Fliss.

"Over the past year, we've seen about 35 fewer guests on average staying each night," Fliss said.

Fliss, however, attributes this decrease to their AfterCare Program.

The program helps guests find safe, affordable housing and equips them to thrive on their own.

BRETTE EHALT

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The numbers

- This July, Calgary Drop-In has seen 50 to 100 fewer guests each night, according to its spokesperson. Only two nights held more than 1,100, the Drop-In's current nightly capacity.
- The Mustard Seed shelter's current capacity is 371, according to staff.
- From January to May this year, the Mustard Seed had about 38,000 stays, said a spokesperson.
- Because of the AfterCare Program, the Mustard Seed has had 1,000 fewer stays per month compared to last year, the spokesperson added.

Gone to the well once too often

A Calgary building products manufacturer must find a new water source before winter.

IKO Industries has been drawing from a shallow water well since 1968 without authorization.

Yesterday, the Government of Alberta issued an enforcement order stating that an alternative source must be found by Nov. 1.

"The enforcement order is the last option we have to make sure companies return to compliance," said Carrie Sancartier with Alberta Environment.

"We've been working with the company for a number of years."

METRO CALGARY

Police look for masked robbers

Police are looking for two masked men who held up a liquor store with a handgun and a wooden bat, using violence against a cashier and then fleeing with cash, police said.

Both men were Caucasian, in their early 20s, approximately 5-foot-6 tall.

One was wearing a red hoodie and khaki trousers while the other was wearing all black.

Police are asking anyone who may have information about this robbery to contact Det. Theresa Garagan in District 8 by calling 403-567-6800.

METRO CALGARY

No Sikome Lake for two weeks

Storm damage has caused the closure of Sikome Lake, according to a release from the province.

The severe wind, rain and hail that hit south Calgary Monday has left Sikome Lake covered in leaves, causing the water treatment plant to be shut down.

The fencing around the area was damaged as well and the beach requires cleanup.

Around 40 trees have been removed and replaced and 150 more trees may require pruning.

The lake will be closed for two weeks.

METRO CALGARY

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Smog chokes Muscovites

A cloud of harmful smog has enveloped Moscow, raising airborne pollutants to four times the norm, officials said yesterday.

Doctors urged residents to stay indoors as the city swelters in a record heat wave.

Officials have said the smog, which has plunged the Kremlin and other famous landmarks into a dull haze for days, is the capital's worst since 2002.

The cloud has drifted in from dozens of peat bog and forest fires in rural land south and east of the city, Emergencies Ministry officials have said.

Health officials have urged Muscovites who have to venture outside to don face masks to ward off the worst of the poisonous carbon monoxide, nitrogen dioxide and carbolic acid particles in the smog.

And all the while, the city has been sizzling in record temperatures.

37.5

An all-time high temperature of 37.5 C was set in Moscow on Monday. While Moscow routinely has hot summers, there have been daily maximums of 35 C for about two weeks.

This year has been a record-breaker, with daily maximum temperatures around 35 C for two weeks.

Peat bog fires are notoriously difficult to extinguish. The peat, which is high in carbon, can ignite and smoulder underground. The Moscow region is home to thousands of hectares of peat bogs.

Environmentalists said the 2002 smog that blanketed Moscow killed hundreds of people.

THE ASSOCIATED PRESS

▶ A young couple cool themselves off at the Exhibition Centre in Moscow yesterday.

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IGOR YAKUNIN/THE ASSOCIATED PRESS

Now oil spill hits Michigan

Broken pipeline leaks millions of litres into Kalamazoo River, hurting birds and fish Angry residents ask: How was it allowed to happen?

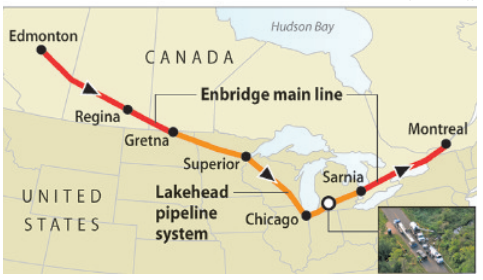
Southern Michigan residents are learning that devastating oil spills aren't limited to the U.S. Gulf Coast.

Crews were working yesterday to contain and clean up an estimated 3,319,708 litres of oil that coated birds and fish as it flowed into the Kalamazoo River, one of the state's major waterways.

The leak in the pipeline, which was built in 1969 and carries about 30 million litres of oil daily from Griffith, In., to Sarnia, Ont., was detected early Monday.

Officials, however, don't believe oil will spread past a dam upstream of Kalamazoo.

THE CANADIAN PRESS



Calgary-based Enbridge Inc.'s affiliate Enbridge Energy Partners LP of Houston initially estimated about 3,100,161 litres of oil was spilled before the company finally stopped the flow

"This is our responsibility," said Enbridge president and chief executive Patrick Daniel.

"This is our mess.

"We're going to clean it up."

Many area residents were surprised to learn that a pipeline was built so close to the Great Lakes river.

"I just can't believe they allowed that to happen, and they're not equipped to handle it," said Owen Smith, 53, of Galesburg.

Smith lives near the river and stopped at several points far upstream to see what might be headed his way.

The air was pungent with the smell of oil.

But health officials said they so far were satisfied with the results from air quality tests.

Groundwater testing was expected to begin soon.

The cause of the spill is under investigation.

THE ASSOCIATED PRESS

Budget woes end survey of bureaucrats

Federal civil servants won't get to fill out a workplace survey this year because the Conservative government has axed it.

It appears the Public Service Employee Survey wound up in the budgetary crosshairs.

A Statistics Canada official broke the news to colleagues in an email.

"Plans for the 2010 Public Service Employee Survey are cancelled,'' Geoff Bowlby, head of the agency's labour statistics division, wrote on June 2.

THE CANADIAN PRESS

Keeping count

Statistics Canada conducts the survey and compiles the results.

- About 258,000 workers received the last survey
- About 170,000, or about two-thirds, filled it out.

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Plane crash in Pakistan kills all 152 on board

Aircraft was trying to land when it lost contact with tower ◐ Terrorism not suspected by government

A passenger jet that officials suspect veered off course in monsoon rains and thick clouds crashed into hills overlooking Pakistan's capital yesterday, killing all 152 people on board and scattering body parts and twisted metal far and wide.

The Airblue jet's crash was the deadliest ever in Pakistan, and the latest tragedy to jolt a country that has suffered numerous deaths in recent years due to al-Qaida and Taliban attacks.

The aircraft, an Airbus A321, crashed some 15 kilometres from the airport, scorching a wide stretch of the Margalla Hills, including a section behind Faisal Mosque, one of Islamabad's most prominent landmarks. Twisted metal wreckage hung from trees and lay scattered across the ground. Smoke rose from the scene as helicopters hovered.

The exact cause of the crash was not immediately clear, and rescue workers were seeking the "black box" flight data recorder amid the wreckage.

Rescue workers and citizen volunteers were hampered by the rain, mud and rugged terrain. The crash was so severe it would have been nearly impossible for any of the 146 passengers and six crew members to survive, rescue officials said.

What happened?

Witnesses said the plane appeared to be flying very low and that it seemed unsteady in the air.

- **The airline** Raheel Ahmed, a spokesman for Airblue, said the plane had no known technical issues.
- **The manufacturer** Airbus said it would provide technical assistance to the crash investigators.
- **Pilots' association** The Pakistan Airline Pilot Association said the plane may have strayed off course, possibly because of the poor weather.

Sea. Pedal sub

▶ Stephane Rousson of France, front, operates his pedal-powered submarine.

LIONEL CIRONNEAU/THE ASSOCIATED PRESS

Feet first into the deep

The pedal-powered carbon-fibre Scubster, built by Stephane Rousson, can reach speeds of up to 10 km/h and depths of up to 5 metres.

Long lost Franklin ship found in Arctic

Arctic archaeologists have found the ship that forged the final link in the Northwest Passage and was lost in the search for the Franklin expedition.

The HMS Investigator, abandoned in the ice in 1853, has been found in shallow water in Mercy Bay along the northern coast of Banks Island in Canada's western Arctic.

"The ship is standing upright in very good condition," Marc-Andre Bernier, Parks Canada's head of underwater archaeology, said yesterday. "It's standing in about 11 metres of water."

"This is definitely of the utmost importance. This is the ship that sailed the last leg of the Northwest Passage."

On shore, not far from the wreck, are what scientists believe are the graves of three British sailors. THE CANADIAN PRESS

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Census deletes questions about unpaid work

- Critics fear the result will be misdirected policy
- StatsCan argues information available elsewhere

Statistics Canada has removed questions about unpaid work from its replacement questionnaire for the infamous long-form census — an omission critics fear will lead to misdirected policy for seniors, women and children.

Industry Minister Tony Clement has repeatedly defended the government's decision to axe the mandatory long census by saying it will be replaced by a voluntary survey that asks the same questions.

But the voluntary survey, called the National Household Survey, is not an exact replica. It adds a few questions on commuting, subsidized housing, child support payments and religion, Statistics Canada officials said.

Census objectors come in many different forms. Scan this code for the story.

In the 2006 long census, Statistics Canada asked respondents how many hours a week they spent doing unpaid housework, yard work or home maintenance.

They also asked how much time they spent looking after their own children or other people's children, without pay — including helping kids with their homework and talking to teens about their problems.

And they asked how much unpaid time they dedicated to looking after seniors, including talking with them on the phone or helping them with medication.

"What's really going on here is that it's the unpaid care economy that's being removed from the detailed economic data that's being collected," said Kathleen Lahey, a law professor at Queen's University.

THE CANADIAN PRESS

GM, Nissan vie for electric car supremacy

Just over a decade ago, electric cars were expensive niche vehicles for gadget lovers and celebrities. Now, Nissan and General Motors are competing to sell the most affordable electric car to middle-class America. While it costs $8,000 more than the base price of Nissan's Leaf electric hatchback, GM is matching the $349-per-month lease deal that Nissan is offering on its car. Nissan Motor Co. countered by matching the Volt's eight-year, 160,000-kilometre battery warranty. THE ASSOCIATED PRESS

$41K The starting cost of a Chevrolet Volt, GM announced.

Company rolls out its 3-D camcorder

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

▶ Panasonic's digital camcorder

The problem of what to watch on a 3-D TV will be yours to solve with Panasonic's camcorder for families to film birthdays, baby's first walk and weddings, all in 3-D.

Numerous global electronics companies are racing 3-D televisions into the shops, hoping a revival of interest in the technology sparked by blockbuster movies will translate into the public wanting the 3-D experience at home. THE ASSOCIATED PRESS

Rogers' Chatr raises chatter

Mobilicity has said it will file 'abuse of dominant position' complaint with Competition Bureau

Rogers launched its new Chatr brand yesterday in major Canadian cities, adding more competition to the discount wireless phone market targeted at the most basic of cellphone users.

Chatr is offering unlimited talk and text with no contracts, similar to packages available from new players Wind Mobile, Public Mobile and Mobilicity.

But like some of its competitors Chatr's low-priced plans stop short of data packages that allow for Internet browsing, video streaming and email.

Chatr is marketed toward consumers such as a taxi driver who is "on the phone quite a bit during the day but wants cost certainty, or the family who is sending one of their children to school," said Garrick Tiplady, senior vice-president of Chatr. THE CANADIAN PRESS

"This could have the impact of hastening the exit of some of the independent new entrants (Wind, Mobilicity, Public)."
RBC CAPITAL MARKETS ANALYST JONATHAN ALLEN

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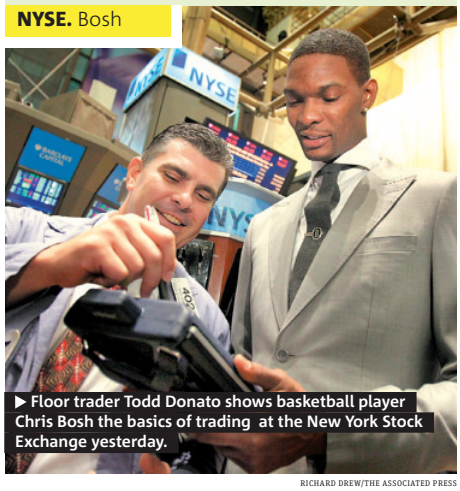
NYSE. Bosh



▶ Floor trader Todd Donato shows basketball player Chris Bosh the basics of trading at the New York Stock Exchange yesterday.

RICHARD DREW/THE ASSOCIATED PRESS

Bosh rings the bell

Miami Heat forward Chris Bosh rang the opening bell at the NYSE to celebrate his recent appointment as the newest National Celebrity Ambassador for After-School All-Stars.

Market moment

DOLLAR	GAS	OIL	TSX
– 0.22¢ (96.29¢ US)	+ 9.9¢ ($4.774 US)	– $0.51 ($76.99 US)	– 20.06 (11,696.63)

SOME WEIGHTY ISSUES CAUSING A CRISIS

He says ...

JOHN MAZEROLLE

I told myself that if I complained about my 171-pound weight in a column, I might seem vain and ridiculous. Then I came to an important realization: I weigh 182 pounds.

This is a crisis. How did this happen? I tried all the weight-loss tricks: Bending my knees so the scale's dial settles somewhere lighter; stepping off to make sure the red line lines up with zero; getting naked and breathing out really hard.

But it's official: I'm overweight.

I've gained 60 pounds in 10 years, slowly, inexorably, like an ever-encroaching wave of zombies. I might shoot a cheeseburger between the eyes, but there's an ice cream cone right behind it, heading straight for my mid-section.

What if it doesn't stop? At this rate, I'll die weighing 380 pounds. The funeral director will have to refill the embalming fluid — one final time that I'll be the cause of an empty keg.

I know I'm not fat. I have overweight friends who would eat me whole if I even suggested it. (And if anyone fat finds that offensive, well, try to catch me.)

What can I say? I'm vain. First of all, I'm in Toronto, where there are no fat people. Or at least they all stay inside, ashamed that they can't fit into our over-packed streetcars.

"My latest 10 pounds was largely due to unemployment. It's the ultimate testament to our society that poverty and weight gain go hand in hand."

Second, I'm single. That automatically adds 35 pounds when you look in the mirror. They're only love handles if there's somebody to hold them.

And every married person knows the deal is you raise kids, grow gardens, and expand mid-sections. This gives you a nice protective cushion when you don't eat for the first two months after the divorce.

I need to lose weight and here's how: Make more money.

No, I'm not paying for a nip and tuck.

My latest 10 pounds was largely due to unemployment. It's the ultimate testament to our society that poverty and weight gain go hand in hand. Something's wrong when fruit costs more than fast food.

In the near future, you'll need a layaway plan to buy raspberries, while promotional cheeseburgers will be handed out at street corners by women in tight shirts. (Their shirts are tight because everybody is fat.)

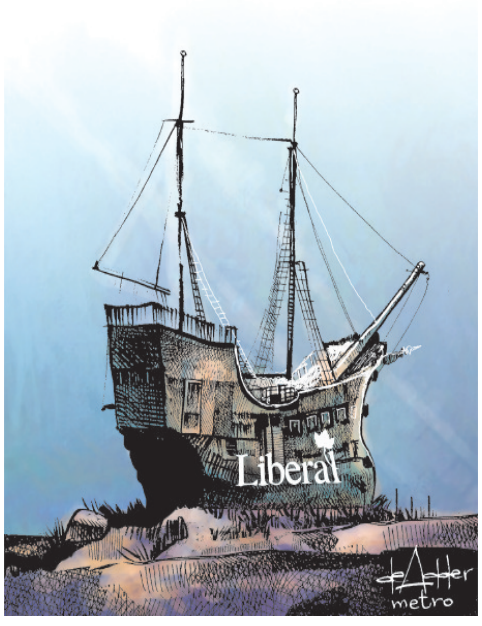
But now that I'm employed, I'll be able to buy all the healthy food I need to counter the Zombie Armageddon.

Or maybe I should eat less and exercise more — speaking of horrific futures.

Cartoon

MICHAEL DE ADDER

NEWS ITEM: ARCHEOLOGISTS FIND ABANDONED SHIP



She's just misunderstood

Letters & Tweets

We asked: What celebrity are you sick of hearing about?

DARTMOUTH, N.S. If I hear another word about "poor" little Lindsay Lohan I think I may actually vomit. Enough already!

She has been given so many chances and preferential treatment for so long she wouldn't know the real world if it walked up and slapped her across the face, which ain't such a bad idea!

STARR FRANCIS

TORONTO. I am sick of hearing about Lindsay Lohan and Amy Winehouse. Their names and pictures are constantly in the media. It's about time the media stop giving them so much attention. They are both a bunch of spoiled brats!

MICHAEL O'CONNELL

CALGARY. @rylynincalgary: I am sick of hearing about Lindsay Lohan. She needs to accept the fact that she is in jail and get her life straight.

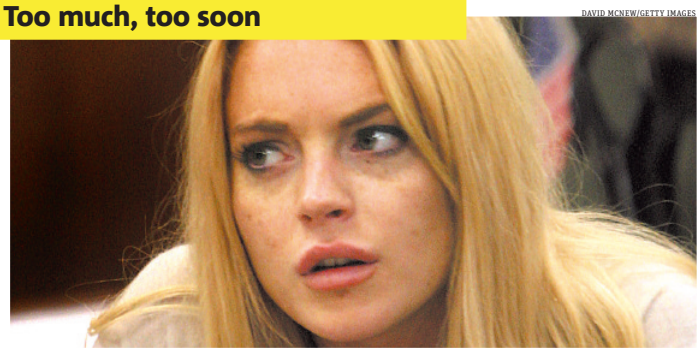
HALIFAX. @aofspadesorion: Apparently @metrohalifax heard my pleas to shut the hell up about Lindsay Lohan ... A-la "What celebrity are you sick of hearing about?"

TORONTO. Lindsay Lohan.

GREG RAYBOULD

Too much, too soon

DAVID MCNEW/GETTY IMAGES



If you could come back as a person, place or thing, what would it be?

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Metro Minute at Yoga Santosha

Get out of your keyboard slouch with some spinal twists and forward bends at Yoga Santosha at 1800 4 St. SW.

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Never been to the studio? Visit, reference this Metro Minute to the instructor, and get your first class free. The offer is good until Aug. 15.

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CONTRIBUTED

▶ Yoga Santosha is at 1800 4 St. SW.

2 scene

News in brief

A familiar face may be on the verge of returning to American Idol.

According to a person close to the show, So You Think You Can Dance judge Nigel Lythgoe is in talks to come back to Fox's American Idol next season in the producing role he left two years ago.

THE ASSOCIATED PRESS

Survivor is going to exploit the generation gap

Singer Adam Levine on his band's new album, performing on live television and the unifying power of Google

JASON KEMPIN/GETTY IMAGES

▶ Maroon 5 perform in New York City earlier this month.

Get your 'Hands All Over' Maroon 5

PAT HEALY
SCENE@METRONEWS.CA

It's hard to believe that Maroon 5 is only releasing their third album.

The band have been on America's radar since the pop perfection of This Love slowly wormed its way into our consciousness somewhere between its release in 2002, climbing the charts in 2004 and winning a Grammy in 2006.

Singer Adam Levine also seems surprised that Hands All Over, which comes out in September, is only their third proper release. "It feels like our tenth," he says.

You've never been afraid of being explicit, and there are a few suggestive phrases in Misery, the leadoff single.

'All Over' cable TV

You're kicked off your tour with a benefit for the Garden of Dreams Foundation that was televised on (U.S. cable network) Fuse. Does having cameras capturing your kickoff show change your approach to the performance?

I'm actually a little bit nervous. Live TV, you never know. Things could go horribly wrong, but that's kind of what makes it exciting. … The goal is to keep it intimate and awesome. No matter where you are, to make it feel like a club even if it's an arena.

The album cover is pretty racy, too. Is there anything that makes your bandmates say, "That's a bit much, Adam"?

I think that I'm a bit more overt in a lot of ways. But I think the band is OK with that … They've reeled me in a ton, trust me. I've censored myself too. But sometimes it's good to kind of have checks and balances.

Let's talk a little bit about that album cover. That's a new direction for you guys to go in. It's almost psychedelic.

Our manager just Googled the phrase Hands All Over, just for the hell of it, and the first thing that came up was this amazing woman and her photo art. I guess she had named it Hands All Over just coincidentally. And we talked to her (Rosie Hardy) when we saw this photo and we said, "Oh my gosh, can we use this for our record?" And she was delighted. And it's so cool because it's hopefully launching her career now. She's very, very talented. She's 18 years old. Can you imagine having that happen to you? It must be an incredible feeling. I've never really spoken to her, but it's so cool. That's one of the good things about the Internet. It's one of those things that kind of just brings people together, and art, too.

Did the title Hands All Over have anything to do with the Soundgarden song of that name? The music you make doesn't sound like you'd be Soundgarden fans.

No, it was completely different, it was totally coincidental. That's like back in the day, I think that's on Louder Than Love. … I mean, we have really eclectic tastes. I grew up with Soundgarden and Pearl Jam and Nirvana and all those bands. … So probably subconsciously somewhere in the back of my mind.

Hands All Over

Hands All Over is the upcoming album from Maroon 5

Pumpkins must never be apart again

Corgan promises not to disband his Smashing new lineup At least not until they release 39 more songs

LINDA LABAN
SCENE@METRONEWS.CA

Billy Corgan seems a little preoccupied with numbers lately.

After celebrating the Smashing Pumpkins' 20th anniversary in 2008, his latest mission is to release 44 songs via free download at his band's website. The tracks then become limited edition EPs and, hopefully, eventually a massive album set, too.

With the first five-song EP, Teargarden By Kaleidyscope Vol. 1/Songs For A Sailor, completed, Corgan still has 39 songs to go.

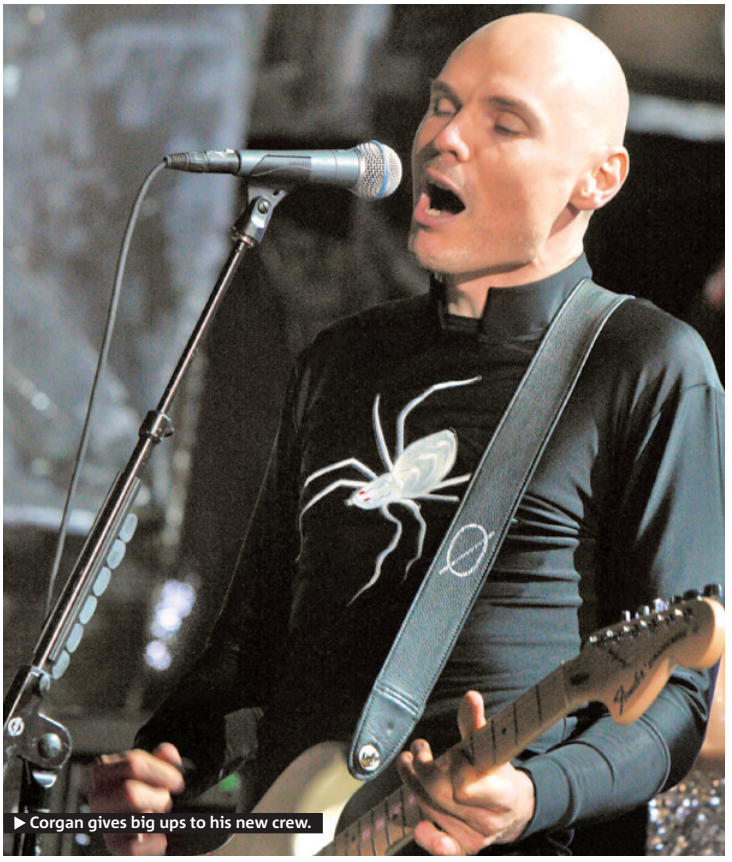
"I know, tell me about it. Sometimes I think, 'Why didn't I say 24? That's still a pretty big number,'" he laughs. "I wanted to pick a number that was so substantial (but one)| that I could deal with. If I release 12 songs every year for four years, that I can do."

Corgan also wants fans to know that the on-off-on Smashing Pumpkins isn't about to disappear again.

This year sees a brand new lineup. Joining Corgan are guitarist Jeff Schroeder — who played on the Pumpkins' anniversary tour), bassist Nicole Fiorentino, and drummer Mike Byrne.

"Once you break up a band there's always this, 'Well, you know, if I get into this, are you going to do it to me again?'" he says.

"I want people to understand that I'm really committed to the band in a way I haven't been since the mid-'90s."



Corgan gives big ups to his new crew.

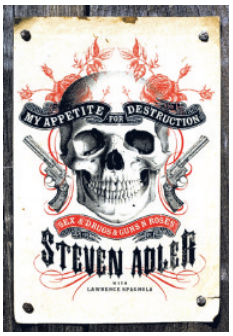
Unapologetic about living on the edge

New book by Steven Adler takes readers back stage with Guns N' Roses Drummer chronicles addiction

Steven Adler's memoir, My Appetite for Destruction: Sex & Drugs & Guns N' Roses, offers a heartbreaking behind-the-scenes look at the band's creation — and eventual separation. He also describes his tendency toward self-destruction from a very young age.

Adler started skipping school and doing drugs when he was 11 — and never looked back. He was kicked out of his mother's house on numerous occasions before he was old enough to vote. His only consistent relationship was with drugs and alcohol.

Adler was the drummer for Guns N' Roses from 1985 to 1990. He says he handed future bandmate Slash his first guitar when they were 13 years old. They would jam day and night on the stoop of Slash's grandmother's house. Drugs were a large presence in his life, Adler writes, but he never saw it as a problem. Then he was kicked out of Guns N' Roses because of it.



My Appetite for Destruction: Sex & Drugs & Guns N' Roses
It Books, US$25.99
Steven Adler, with Lawrence J. Spagnola

After being booted from the band, Adler spiralled down into depression and more drug use. Brushes with death only kept him sober long enough so he could pull the tubes out of his arm and walk out of the hospital. But Adler had to get clean. One more confrontation with the law and he was facing jail time.

Adler writes that he can only achieve a natural high when he's on the stage, so he dove into what he hoped would be a new great band — Adler's Appetite — and his key to sobriety.

Destruction is a jolting look at what Adler did as an addict and a rock star, in that order. It's a haunting tale, yet manages to come off with an air of innocence.

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Suburban soundtrack

Arcade Fire
Album: The Suburbs
Label: Merge
●●●●●

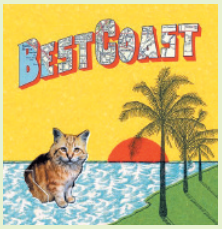
Six years is a long life for an independent band, especially one that was as hyped as Arcade Fire was when they released their debut disc in 2004. But here we are, their third album is out on Tuesday and they're still as big as ever.

The secret to their success isn't so much a secret, they've just managed to do two things that most band's fail at: Make good music and put on an incredible live show. Third discs are often a letdown, especially if the second one is really good, but not in this case.

The Montreal six-piece has once again written a brilliant record and while they've tweaked their sound they haven't gone off the rails. The first thing you'll notice is that The Suburbs is more subdued than their previous discs, but not by much. They've toned down the excess sounds and only threw in what made sense. It's also their most diverse record — the rocker Month of May is straight out of Neil Young's songbook; the bouncy Deep Blue draws more from Paul McCartney. The music is still dark, with blasts of deep bass drums, Springsteen-like ambition and new wave-y melodies, but it's more refined. If the band keeps this up, nothing will stop them.

Outstanding track: Month of May

BRYAN BORZYKOWSKI



Best Coast
Album: Crazy For You
Label: NPG
●●●●½

Though it arrives halfway through the season, Best Coast's debut epitomizes the perfect summer record. Everything down to the cover, which features band leader Bethany Cosentino's cat, suggests, to quote one chorus, "there's something about the summer." While earlier recordings were rife with an asphyxiating lo-fi muffle, the band made the right choice going for a cleaner sound. Concise, hook-driven and filler-free, this has enough solar power to keep you going through winter. **Outstanding track:** Each & Everyday

CAM LINDSAY

Seu Jorge
Album: Seu Jorge and Almaz
Label: Now Again
●●●●●

Seu Jorge may be the most unlikely Brazilian to crack the North American market. He spent seven years homeless, he often doesn't sing in English, he plays a pop samba combo, and his deep voice takes some getting used to. His latest is a collection of Brazilian and English covers all done in his slow, plodding way. His version of Michael Jackson's Rock With You is a must hear — he turns the upbeat disco classic into a sultry Barry White-like version. **Outstanding track:** Rock With You

BRYAN BORZYKOWSKI

Wavves
Album: King of the Beach
Label: Fat Possum
●●●●●

If the Beach Boys were drowning under a sea of fuzzy, grungy guitars they'd sound like Wavves. The brainchild of Nathan Williams, Wavves' third disc is a distorted mess that veers from straight-up indie rock to layered, harmony laden Wilson-like tunes. Williams graduates from two chord lo-fi rock into fully realized songs. Linus Spacehead is a scorching track; opener King of the Beach is a poppy, jangly number. **Outstanding track:** When Will You Come

BRYAN BORZYKOWSKI

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Condi and Franklin Unite

The Queen of Soul and former U.S. secretary of state pair up for performance of a lifetime Goal to raise awareness for music and the arts

Condoleezza Rice is no stranger to the whims of royalty. So when the Queen of Soul herself, Aretha Franklin, decided the two should get together to play a song or two for charity, it was decreed.

The former U.S. secretary of state and Franklin took the stage Tuesday evening at Philadelphia's Mann Music Center in a rare duet for Rice, the classically trained pianist, and Franklin, the soulful voice of a generation.

Their aim was to raise money for urban children and awareness for music and the arts. "It is a joint effort for the inner-city youth of Philadelphia and Detroit," Franklin said the night before their concert with the Philadelphia Orchestra.

Their appearance in the three-hour concert before a crowd of 8,000 overflowed with Franklin's catalogue of hits and arias from the world of opera and classical music. "We decided to give it a try," Franklin said. "So here we are, in the city of Brotherly — and Sisterly — Love."

Rice, better known as a diplomat and national security adviser, accompanied Franklin singing her hit I Say A Little Prayer as well as My Country 'Tis of Thee. Rice said she practiced furiously for her performance of Mozart's Piano Concerto in D Minor with the orchestra.

Rice's given name is derived from the Italian opera stage instruction con dolcezza, meaning "with sweetness."

Long a musician of note, she played from elementary school through college and beyond, in quartets and performing chamber music.

She has even played with cellist Yo-Yo Ma. But, she said this was "the first time I've played with an orchestra since I was 18."

When she learned that Rice played classical music, Franklin sent for one of her recordings "to hear what she sounded like."

Previously, she said, "All I had seen of Dr. Rice was in a political atmosphere. It just seemed foreign that she would be a classical pianist." Franklin was surprised. "She really does play," Franklin said. "She's formidable."

The two met at a White House function, Rice recalled. "We were just talking and chatting and she said 'You play, don't you?' And I said, 'Yes.' And she said we should do something together."

THE ASSOCIATED PRESS

▶ The Queen of Soul Aretha Franklin

Drink like a real (old) man

Want to step it up at happy hour this week? Robert Schnakenberg's new book has advice from the pros on keeping it old-school at the bar

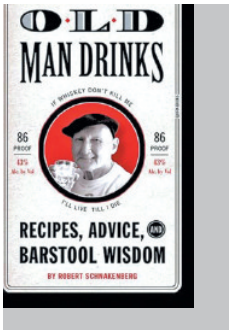
MONICA WEYMOUTH
monica.weymouth@metro.us

Anyone can pour a glass of bourbon, but it takes some coaching to drink like a proper old man (or use bitters with any real success).

That's where Robert Schnakenberg comes in. For his new book, "Old Man Drinks," he compiled retro recipes along with the history of the cocktails and advice from their faithful drinkers.

"There are a lot of variations on how to make something as simple as a gin and tonic," says Schnakenberg of the research process. "I did a lot of taste tests — and then in the morning I cleared my head and adjusted accordingly."

Along with still-familiar classics such as the Cuba Libre, Negroni and Tequila Sunrise, the book also includes forgotten sips such as Satan's Whiskers (gin, vermouth, orange juice, Gran Marnier and orange bitters) and the aptly named Obituary (gin, vermouth, absinthe).



But it's the advice — on everything from women to the dangers of "American Idol" — by which aspiring old man drinkers will really benefit. Sometimes nostalgic, sometimes mischievous, it's all from a group of guys in front of whom you wouldn't order a light beer.

"I don't know if I, or anyone, should live by the advice," admits Schnakenberg. "But I'm certainly inspired by some of it."

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Woof like me: The best of screen animals

They came, we saw, they conquered our hearts In honour of Friday's Cats and Dogs sequel, here are five films that deserve two paws up

The cats and dogs of Cats & Dogs: The Revenge of Kitty Galore have all kinds of super-spy gadgetry and training at their disposal: jet-packs, tricked-out collars, the works. But they come from a long and lovable tradition of live-action animal movies — ones that were simpler and sweeter. Here's a look at five that the show the best of animals:

▶ The 1983 classic Lassie Come Home.

Babe (1995)

This is a movie about a talking pig — a talking pig, people! — that was nominated for seven Academy Awards, including best picture and best actor for James Cromwell. (It won one, for visual effects.) That's how good it is. Director and co-writer Chris Noonan's film about a pig who learns how to herd sheep is so sweet, so funny,

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so unexpectedly touching, it never hits a false note. As voiced by Christine Cavanaugh, Babe might just be the most earnest, most adorable creature ever.

My Dog Skip (2000)

Just writing the name of the movie makes me want to tear up. Seriously, there is no way to get through this thing without bawling — I dare you to try. Several powerful forces are at work here: an insanely cute Frankie Muniz as our shy, nine-year-old hero; the idea of a dog being your only real friend when you're a lonely, insecure kid; and of course, Skip himself, a lovable, scruffy Jack Russell terrier.

Lassie Come Home (1943)

Maybe it's because I had a collie as a little girl, but I can walk into this movie at any point and find tears streaming down my face within seconds. It's a classic, of course, featuring a young Roddy McDowell and Elizabeth Taylor (and it was remade pretty faithfully a few years ago with Peter O'Toole and Samantha Morton). No, Lassie is not realistic. The dog is possessed of such preternatural navigational skills, she can find her way from Scotland to Yorkshire on her own, despite the many obstacles and threats along the way.

The Black Stallion (1979)

It's scary and thrilling, amusing and inspirational — which means it has all the ingredients for a perfect family film. And that Arabian horse creates such a striking figure, you can't help but be in awe of its majesty. The gorgeous cinematography from Caleb Deschanel certainly contributes to the mystical quality of the film, but the fundamental story is what's crucial: that of a bond between a boy and a horse, which is forged spiritually and without unnecessary dialogue.

Every Which Way But Loose (1978)

Goofy, but kinda irresistible in its self-awareness. You have to love Clint Eastwood toying with his tough-guy image by playing ... a tough guy whose best friend is an orangutan. Eastwood plays a trucker and a barroom brawler. Clyde is the beer-sipping orangutan he wins on a bet who becomes his right-hand man. There's some romance with Sondra Locke as the country singer who catches his eye, but the real love affair is between Eastwood and his furry, fun-loving pal.

THE ASSOCIATED PRESS

Canuck canine

While speaking of cute — and resourceful —animals on films, one cannot forget the enduring Canadian contribution to lovable animals on screen: The Littlest Hobo. Yeah, it was a TV series but was actually based on a little-known 1958 American film. The show, featuring a German Shepherd who goes from town to town helping people in need, originally aired in 1963 but was revived on CTV in 1979 for a popular six-season run.

▶ The eponymous star of the Oscar-nominated Babe.

Jolie shows concern for North Koreans

Angelina Jolie says she's worried about the people of North Korea, particularly the persecution defectors face when repatriated to the reclusive state.

Jolie was in Seoul on yesterday to promote her latest action thriller, Salt, which opens with a scene that takes place in a North Korean prison.

Jolie, who serves as a goodwill ambassador for the UN High Commissioner for Refugees, said she got a tutorial on the plight of North Korean defectors from Seoul-based officials from the UN refugee agency.

"They spoke a lot about the concerns about people being persecuted when they are sent back to North Korea," she said. "I'm very concerned about the people."

Tens of thousands of people from impoverished North Korea have migrated to neighbouring China in recent years, activists say. Many are sent back as part of an agreement between North Korea and China.

Some 19,000 have made it to South Korea.

"I learned today about them gaining citizenship and crossing into South Korea," Jolie told reporters.

"The UNHCR practices quiet diplomacy in which they do more than they talk about."

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▶ Michaele Salahi, left, is interviewed at the America's Polo Cup Championships

Housewives invading D.C.

Gate crashing couple set to star in latest installment of Real Housewives series ◐ Washington braces itself

Michaele Salahi is ready to move on.

She's sure the U.S. president is, too, because he's joked about her and her husband's infamous gate-crashing episode.

And so she thinks the judicial system should be ready to move on from it, as well.

"To be honest, I don't know where it's at," she told The Associated Press Monday of the criminal investigation by a federal grand jury, which still could lead to prison time for the party-going, polo-loving couple from Virginia wine country. "But our attorneys have said to go on with our lives."

"And if the president and vice-president are joking about it," she added, "I think they're ready to move forward, too."

Certainly the Salahis are taking their attorneys' advice. Far from staying quietly out of the spotlight, they are happily promoting the Aug. 5 debut of Bravo's Real Housewives of D.C., in which, judging from the first episode, Michaele takes centre stage — along with the incident that got her into trouble. In fact, all these months later, Salahi professes still not to understand why so much attention was paid to that one incident last November.

"It must have been a slow news week," she said. THE ASSOCIATED PRESS

More wives

The latest installment of the Real Housewives series is set to kick off

▶ **Now in Washington** The show debuts Aug. 5 on

'I think I made the right decision'

Black Eyed Peas' frontman tells of how he almost didn't make a career of music

Before embarking on his successful music career, Black Eyed Peas' frontman will.i.am had designs on a far different line of work.

"Right after high school, I went to fashion school and the music just was a stronger calling at the time," recalled the Grammy-winning artist, who attended the Fashion Institute of Design and Merchandising in Los Angeles.

"I think I made the right decision."

While continuing to pump out hits with his multi-platinum-selling group, the rapper, singer-songwriter and producer is returning to his fashion roots with his menswear line, i.am.

While in Toronto for two concerts this week, the 35-year-old took time out for an in-store appearance at Harry Rosen in the upscale Yorkville area to launch his line in the city.

The offerings on display included a mix of basics like graphic T-shirts, alongside refined knits, some of which feature leather accents and detailing.

Outerwear pieces run the gamut from traditional pea coats to edgier hooded jackets with a graphic printed lining and coats with mesh-style pinhole cutouts.

"The thing that inspires my line, it's not a person, it's youth," said the fashion-forward hip-hop star, decked out in large blue-framed sunglasses, a white Henley-style T-shirt, black vest and scarf, knee-length cargos and high tops.

"Youth culture, youth hip-hop, dance culture, the world of the arts, and just expression."

The collection also has a strong Canadian connection, designed and produced by the i.am je suis division of Manhattan International based in Montreal.

"(Owner)Ted (Rozenwald) is a great dude and we have a lot in common as far as the desire to succeed, and how dedicated he is to making sure it's right and perfect, and I'm the same way in the world of music," said will.i.am, whose real name is William James Adams, Jr.

"Rig-ht now, we are making this thing grow" he ad-ded. "Like I told him, I'm dedicated to this venture for 10 years. I want to see it really really do well."

But when it comes to creating clothes for the Black Eyed Peas' lone lady member, Fergie, or any other women seeking feminine pieces from the i.am label, they're out of luck — at least for the time being.

"I'd like to do stuff for girls, but right now, I just want to get the dudes right," said will.i.am.

▶ will.i.am

In the meantime, he simply wants to make pieces that inspire people to wear them and he doesn't seem interested in crafting tailored looks or styling one particular individual. THE CANADIAN PRESS

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TV watch list

Heading back to the Shore

BRACE YOURSELF for a new round of fist pumps and spray tan. That's right — Season 2 of Jersey Shore debuts tonight and this time, the gruff guidos and guidettes are in Miami. Snooki, The Situation, Pauly D and the rest of the crass crew head south when a snow storm strikes Jersey. ▶ MTV

Experienced turn Rookies

SHOCKING K.C. Collins (Crash & Burn), Roberta Maxwell (Brokeback Mountain) and Paul Soles (The Incredible Hulk) guest star on Rookie Blue. The episode features a lovers' quarrel between Andy and Luke and a fatal traffic collision that reveals "a shocking truth." ▶ Global

Bruni acts it up in Allen flick

Eccentric American director cast French first lady for small role in romantic comedy Canadian McAdams also staring in Midnight in Paris

France's first lady, a former supermodel turned songstress, is making her debut as an actress, filming this week in Woody Allen's Midnight in Paris.

Even her busy husband, President Nicolas Sarkozy, wasn't about to miss the action. He showed up on the Left Bank set Tuesday, in dark suit but no tie, to watch his spouse in her latest creative venture.

"I'd like to — you know — when I'm a grandmother, to have done a Woody Allen film. I cannot in my life miss an opportunity like this."
CARLA BRUNI-SARKOZY

Allen, beloved by the French, recruited Carla Bruni-Sarkozy last fall for what is said to be a small role in the romantic comedy which follows a family travelling in Paris for business. France's first lady reportedly plays a museum director.

Tuesday's scenes were shot in the heart of the Left Bank, near the Pantheon, the resting place of many of France's luminaries.

In November, when she announced her plans to accept Allen's offer of a role, the 42-year-old Bruni-Sarkozy had said she was unsure of her acting skills.

"I'm not at all an actress. Maybe I'll be absolutely terrible," she said in an interview with Canal Plus TV station. However, she said she couldn't pass up the chance to play in a Woody Allen film.

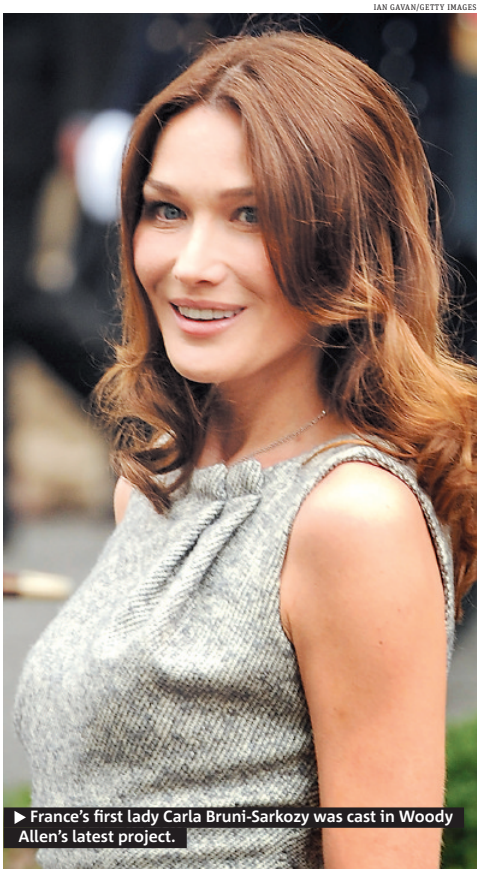
Allen, in his usual self-deprecating style, warned the French movie-going public in April that "I'm going to kill myself" if his biggest European boosters don't like this movie.

THE ASSOCIATED PRESS

Artistic life

- **Carla Bruni-Sarkozy** had a small role in the 1994 Robert Altman film Pret-a-Porter (Ready to Wear) and the 1998 move Paparazzi,' by Alain Berberian, each time playing herself. Her sister Valeria Bruni-Tedeschi is an actress and director.
- **As first lady,** Bruni-Sarkozy has kept her artistic life and star status mostly on the back burner. She did release a new album two years ago, though refused to tour and gives royalties to the Foundation of France.

IAN GAVAN/GETTY IMAGES



▶ France's first lady Carla Bruni-Sarkozy was cast in Woody Allen's latest project.

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Speaking to cops? Now that's progress

Mel Gibson talks to the police about his extortion claims against ex Oksana Probe still on for abuse allegations against Aussie actor

A sheriff's official says Mel Gibson has met with detectives to discuss his claims that his ex-girlfriend attempted to extort money from him.

Los Angeles County sheriff's spokesman Steve Whitmore says the interview occurred Sunday. He says detectives only spoke to the Academy Award-winner about his claims against ex-girlfriend Oksana Grigorieva.

The sheriff's department is also investigating claims by Grigorieva that Gibson abused her during a January confrontation.

Stephen Jaffe, a spokesman for Grigorieva, declined comment on the meeting. The 40-year-old Russian singer denied the extortion allegations to celebrity photographers in video shot Friday.

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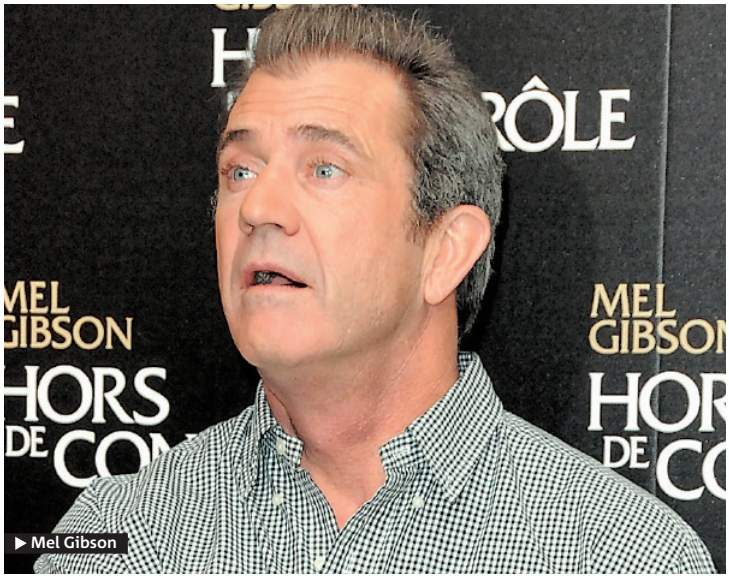


Mel Gibson

Ron Wood

Rolling Stone Wood bringing own art to American museum

Rolling Stones guitarist Ronnie Wood is coming to Ohio with a different kind of solo show, spotlighting his paintings and other art.

The Butler Institute of American Art says the exhibition opening is the first for Wood at a major American museum.

The 63-year-old British musician plans to be at the museum for a reception on the show's opening day, Sept. 21.

Butler chief curator and director Louis Zona describes Wood's art style as lively and appealing. The museum notes that the rocker picked up a paint brush at the age of 12, before he started playing guitar.

The exhibition includes 30 of Wood's paintings, 22 pen-and-pencil drawings and seven mixed-media works.

THE ASSOCIATED PRESS

Talking points

Baby Bloom in Miranda?

PREGNANCY RUMOURS. There's apparently a reason Miranda Kerr and Orlando Bloom tied the knot so soon after getting engaged: Kerr is pregnant, sources tell Us Weekly. "She's definitely pregnant. Miranda's thrilled," a source close to Kerr says. "She's telling all her friends — mostly other models — about it." The pair recently returned from a quick honeymoon in the Caribbean, where they were married after a month of engagement.

METRO WORLD NEWS

Post-jail rehab on LiLo's mind

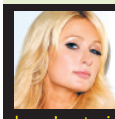
WHAT, ME WORRY?. While she's in jail now, Lindsay Lohan is already thinking about what comes next: a mandatory three-month stay in rehab, her lawyer tells People magazine. "She's a little upset right now," attorney Shawn Chapman Holley says. "She'd like to spend some time with her family, and there's at least some question as to whether or not she'll have to go directly to rehab."

METRO WORLD NEWS

Celebrity tweets

Conan O'Brien [@ConanOBrien] Angelina Jolie is joining Twitter. If she thinks she can lure away my core audience of young male teens she ..... I'm screwed.

Billy Ray Cyrus [@billyrayCyrus] Yes I'm still here. What is your Question?



Paris Hilton [@ParisHilton] Love the villa we're staying at in Ibiza. It's so modern and has such great style. It even has it's own night club in it. Amazing!

Lily Allen [@lilyrose- ...o be amish. They seem so happy.

Zac has wild night in L.A.

STRIPPER ACTION?. While girlfriend Vanessa Hudgens was back in California, Zac Efron reportedly hit the town with High School Musical co-star Corbin Bleu, spending more than $2,000 at New York strip club Flashdancers the night before the premiere of his latest film, Charlie St. Cloud, according to Page Six. "They ordered one bottle of Belvedere vodka and were enthralled with the dancers," a source says.

METRO WORLD NEWS

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3 life

News in brief

Sink your feet into ultimate comfort with Teva's "Mush" flip flops. Available in a pink or blue flower pattern, this affordable footwear ($25 per pair) will have you mistaking it for your slippers! It's a great lightweight option to throw in your suitcase for your next vacation. Visit teva.com.

METRO

SCANLIFE
Will you remember your PIN number next time you're in the store?

▶ Model walks the runway at the Trina Turk 2011 fashion show during Mercedes-Benz Fashion Week Swim earlier this month in Miami Beach, Fla. (Pictured above and right).

Fashion headliners

From fedoras to boater hats, headwear is hip on the 2010 runway. Style and health experts agree: Hats are the supreme summer accessory.

Hats for women were the fashion headliners on all the spring/summer 2010 runways.

From fedoras to boater hats to wide-brimmed ones and pork-pie caps, headwear topped off every outfit floating down the catwalk.

Not only are hats the summer accessory, but they have a noble purpose too: protecting your head and face from harmful UV rays. And everyone wants to stay stylish while staying healthy.

A hat can also do wonders in keeping you cool on stiflingly hot days, which, gauging from the summer thus far, we're likely to have many more of in the coming month.

According to Karyn Gingras, owner and chief designer of Toronto's Lilliput Hats, fedoras, pork pie hats and caps in hemp, linen and fine breathable straw are the biggest hits this season as are hats in bold colours, including royal blue, coral, yellow.

"Try on a lot of them. Have fun, step out of your comfort zone for a minute and consider that wearing a hat makes you special"
KARYN GINGRAS, OWNER AND CHIEF DESIGNER OF LILLIPUT HATS

"The fedora continues to be a strong shape," explains Gingras. "It's sexy, casual and keeps the sun off." Gingras is pleased to report that more and more people are embracing stylish hats. "Thankfully, I see fewer baseball caps (on men and women)," she adds.

The most breathable materials for summer are lightweight linen and hemp. Gingras also uses 100 per cent natural straw in many of her hats, tightly woven for maximum sun protection.

If you're a bit shy when it comes to donning a hat, heed Gingras's advice: "Try on a lot of them. Have fun, step out of your comfort zone for a minute and consider that wearing a hat makes you special."

HEATHER BUCHAN

GETTY IMAGES

1

Lorane Hat, $85, Nobis (nobis.ca)
A linen fedora with a cotton plaid trim — perfect to pair with a t-shirt and jeans. Its quick-dry wicking sweatband makes it comfortable wearing on warm days.

2

Becca Hat, $60, Nobis (nobis.ca)
Boasts a wide-brimmed trim that is great for shading your face from rays. It's made from cotton and has contrast piping with paneling details and custom-printed buttons.

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The perfect guest room

If you're big into cocktail parties and a big social personality, here is what your guest room will need

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

I feel like I should install a revolving door on my guest room this summer. With many family and friends deciding to take staycations, my city place has become a popular destination for those choosing a big city experience. I am lucky that I have a separate bedroom and bathroom for guests but for some, a pull-out sofa and spare towel is all thats available. Here are a few great ideas to make your guests feel like they are experiencing a five-star hotel stay no matter how you put them up:

Sofa surfing

• Add a feather bed (a thick duvet-like comforter) on top of the mattress for a more luxurious sleep. Make sure the sheets smell fresh and are clean.

• Once you have pulled out the mattress, cover the entire couch with a freshly laundered king-size sheet. It will create a barrier from the upholstery fabric so your guests won't feel like they are sleeping on your sofa.

• If space permits, turn the sofa around so that the back helps divide the room for privacy.

• Clear the clutter on your end table and use it as a night-side table; an alarm clock, lamp and a bottle of water will welcome your guests.

• Fill a tote bag with bathroom essentials and leave it by the sofa. This will help keep a shared bathroom organized if everyone has their own storage.

Designer Note

When shopping for a pull-out sofa, make sure the mattress is at least four-inches thick and that the fabric is durable like leather or micro fibre.

Dreams?

My designer dream list for sweet dreams: Yves Delorme bedding $1200, Missoni towels $280, Hastings Queen-sized bed $25,000, a variety of down and allergy-free synthetic pillows $500 and a Barbara Barry candle $75. Thats all I need for a good night's sleep.

▶ Whether your guests need to sofa surf or you have a room for them, Metro has some essential tips.

Making room

• Make sure bedding, mattress and pillow covers are cleaned. Spritz fabric refresher (like Febreeze) between mattress, coverings, sheets and duvets so the bed smells fresh throughout the stay. A scented candle will also help to create a fresh smell in the room.

• Freshen pillows by tumbling them on low heat in the dryer; this will also plump them up.

• Window-darkening shades are a necessity; a simple pull-down roll blind is a great inexpensive option.

• Keep supplies like towels, bedding, bathroom tissue, soaps and candles a notch above the quality you would normally have in your home.

• Supply a bottle of water, a drinking glass, a few mints and fresh flowers or fruit in the room.

Designer Note

Don't be afraid to decorate a guest room with a theme; Vintage Hollywood, Nautical Modern or Simple Cottage are just a few popular themes.

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Fashion for floors

It's time to liven up a drab space with an area rug It's a perfect way to add character to your style

HOMES IN STYLE

JENNIFER BILL
HOME@METRONEWS.CA

Rooms lacking soft contours can experience a world of difference with a slab of cushiness on hardwood or a splash of colour underneath a coffee table in a neutral room.

Rugs are aesthetic, functional and a quick way to change up a space, says designer Jennyfer Kenez, of Jennyker Kenez Design Inc. in Toronto.

"(Rugs are) one thing that a lot of people tend to overlook," says Kenez.

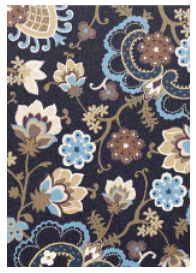
With endless shapes, patterns and fabrics, a rug can complete a look by tying all the different elements together in a room, and adds a touch of warmth to a bare, stark floor (and cold feet). Dividing a hard object on a hard surface with an area rug adds visual appeal.

"There seems to be a lot of people who are shopping (for hard furnishings) and they forget about the soft furnishings," says Kenez. "That is the key to creating a personal space. (Rugs add) that personal touch."

Kenez says she favours a combination of wool and silk in a living room, or a shag with a soft and cosy texture for the bedroom.

Rugs can work as a starting point for a colour scheme, or added after as an accent to existing hues, along with throw pillows and candles.

"Look for complementary colours, I hate matchy matchy," says Kenez. "It adds a tremendous amount of impact. Or if you have a painting that you love you can use that as a base and then find your area rug."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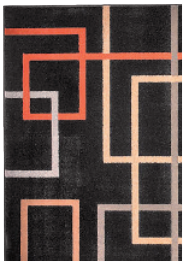
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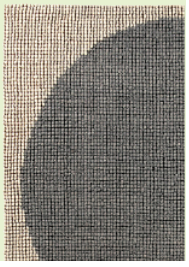
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7

8

1 CND. TIRE $99
The Floral Bloom Area Rug is a fun and fashionable floral bloom patterned rug. canadiantire.ca.

2 POTTERY BARN $99-699
Warm hues, sparked with red and gold, temper the lavish opulence of the handmade Emerson Rug. potterybarn.ca.

3 POTTERY BARN $99-699
An exclusive multi-step herbal wash gives the taupe Henley Rug a unique tonal palette. potterybarn.ca.

4 ETSY $80
Ekra's one of a kind Jellyfish Rug is crocheted with yarn hand-cut from salvaged fabric from thrift stores. etsy.com.

5 CND. TIRE $129
Home Collections' Link Rug adds a contemporary touch to the home. canadiantire.ca.

6 WEST ELM $499
Rows of pebbly loops are patterned in a subtle circle in the Pebble Circle Rug for a clean, minimalist look. westelm.com.

7 WEST ELM $99-649
The fierce cat print in the Jaguar Rug brings modern sophistication to the floor. westelm.com.

8 WEST ELM $89-599
The Pebble Stripe Rug is plush and pebbly underfoot, subtly patterned in clean, graphic stripes. westelm.com.

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MONTY MOVERS
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Versatile Sunterra Cafe has a wide variety of fare

ANDREE LAU/FOR METRO CALGARY

▶ Chicken and artichoke crepe from Sunterra MARKETbar.

With so many options it can be hard to decide what to choose

LUNCH RUSH

ANDREE LAU
FOOD@METRONEWS.CA

Sunterra's newest location is a versatile spot for picking up a deli sandwich or sitting down in the modern cafe (or expansive patio) for a proper lunch.

The supermarket coolers are stocked with a wide assortment of ready-made sandwiches like bocconcini, tomato and basil on baguette ($5.99). Throw in a small Greek salad ($2.61) with big, fresh chunks of peppers, cucumbers, feta and pitted olives from the deli and you've got a healthy lunch.

The MARKETbar upstairs is a gussied-up cafeteria with several stations. It was quite hard to decide among the savoury and sweet crepes, pasta bar and carving station where a roast beef just came out of the oven.

I settled on a chicken and artichoke crepe ($6.49) expertly made right in front of me. The gigantic portion was stuffed with cubes of chicken breast, fresh and sundried tomatoes and a silky white wine cream sauce.

Nearby workers and residents will no doubt be keeping this market busy.

Sunterra MARKETbar
200 12th Ave. S.E.,
(403) 261-6772
Rating: 3
Time in: 11:30 a.m.
Time out: 11:50 a.m.
Low $: Bagel, $1.49
sunterramarket.com

Mediterranean Orzo Salad

▶ Mediterranean Orzo Salad

Yields 6-8

Ingredients :

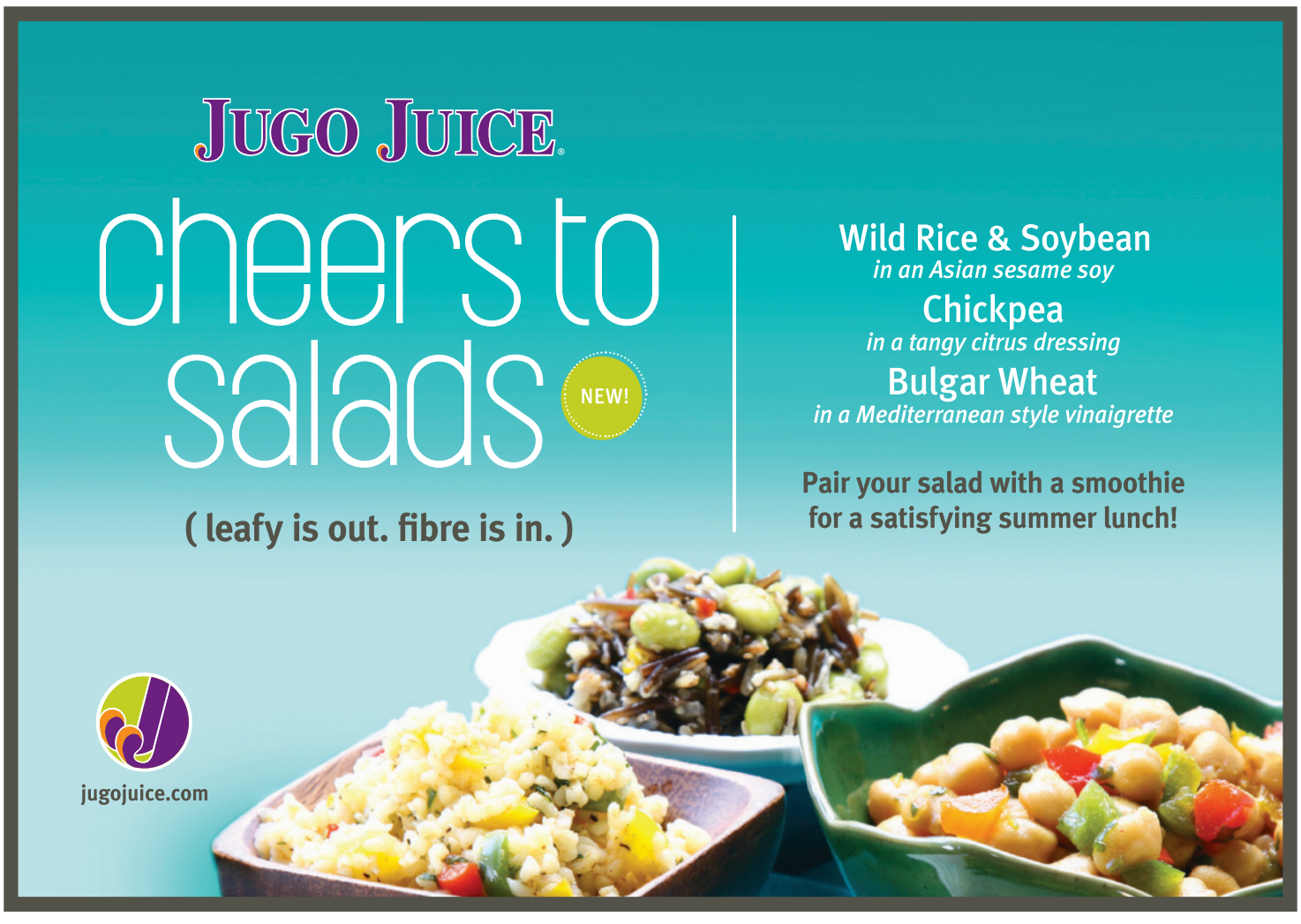
- 2 cups orzo pasta
- 1 1/2 cups small broccoli florets
- 2 cups fresh corn kernels
- 1 cup each diced sweet red and orange peppers
- 1/2 cup pitted black olives, halved
- 1/2 cup diced red onion
- 1/4 cup shredded fresh basil
- 1/4 cup chopped fresh parsley
- 1/3 cup olive oil
- 3 tbsp white wine vinegar
- 1 clove fresh garlic, minced
- 1/4 tsp hot pepper flakes
- Salt and pepper, to taste

Preparation:

1 In large pot of boiling salted water, cook orzo, stirring occasionally, for 6 minutes. Add broccoli and cook until broccoli is tender and pasta is al dente, about 1 minute. Drain well and refresh under cold running water; drain again. Return to pot or large bowl. Gently stir in corn, red and orange peppers, olives, onion, basil and parsley.

2 In a measuring cup, whisk together oil, vinegar, garlic, hot pepper flakes and salt and pepper. Pour over salad and toss gently. (Salad can be covered and refrigerated for up to 2 hours. Bring out to room temperature 30 minutes before serving.)

THE CANADIAN PRESS



4 sports

Relatives mourn former NBAer

Relatives and friends of Lorenzen Wright gathered yesterday and grieved for the former NBA player who has been missing for 10 days, as police investigated the discovery of a man's body outside of Memphis.

Wright's uncle, Curtis Wright, told The Associated Press that police called the player's father, Herb Wright, yesterday afternoon with the news he had died.

Career

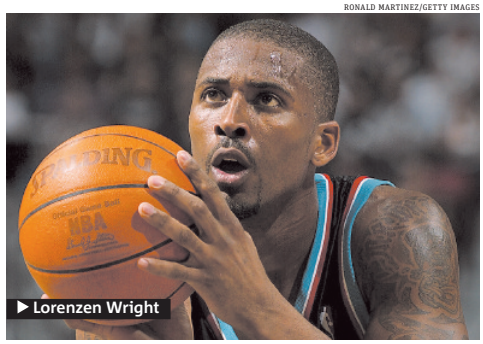
- Wright played 13 years in the NBA with five different teams: The Los Angeles Clippers, Atlanta Hawks, Memphis Grizzlies, Sacramento Kings and most recently the Cleveland Cavaliers with 17 games in the 2008-09 season.

Sgt. Alyssa Macon-Moore of the Memphis Police Department wrote in an e-mail to the AP that police were investigating the death of an unidentified man beside a wooded area about 20 kilometres south of downtown Memphis.

Asked if the man was Wright, she wrote they could not confirm the victim's identity last night.

The 34-year-old Wright was last seen July 18 when he was expected to fly out of town. His family filed a missing person report July 22. THE ASSOCIATED PRESS

RONALD MARTINEZ/GETTY IMAGES



▶ Lorenzen Wright

Quoted

"They called me to put out a fire, and we put it out. (Julio) Grondona lied to me. (Carlos) Bilardo betrayed me. While we were still in mourning (the loss to Germany), Bilardo worked in the shadows to throw me out."

DIEGO MARADONA, WHOSE CONTRACT WASN'T RENEWED, ACCUSING THE AFA PRESIDENT AND THE ARGENTINA TEAM DIRECTOR

Strasburg's golden arm feeling 'better'

It's unknown when rookie phenom will return to mound

Nationals rookie right-hander Stephen Strasburg first sensed tightness in his pitching shoulder "a couple days ago," he said yesterday, chalking it up to "kind of hitting the wall a little bit."

A day after being scratched minutes before what was supposed to be the 10th major league start of his much-hyped career, Strasburg said he felt "a lot better" and his range of motion is "starting to come back."

Washington general manager Mike Rizzo and trainer Lee Kuntz said Strasburg did not indicate he had a problem before Tuesday, when his pregame bullpen session was stopped about a half-dozen throws in.

"I wasn't really scared, because it's kind of something that I've had happen to me before," Strasburg said, referring to feeling stiffness in his right shoulder while in college at San Diego State. "It wasn't on just one pitch, so that's obviously a big thing."

He took anti-inflammatory medicine yesterday and underwent treatment.

The plan is for Strasburg to go at least two days — and perhaps three or four — without throwing at all. It's not clear when he will next pitch in a game; his next scheduled appearance would be Sunday. THE ASSOCIATED PRESS

Innings

- So far in 2010, Strasburg has thrown 109 ⅔ innings, including in the minors, which essentially matches his count in his final college season at San Diego State — 109 innings.

KEVIN C. COX/GETTY IMAGES

▶ Stephen Strasburg of the Washington Nationals tosses a pitch during a game last month.

CFL Extra Points

DAN TOTH

STAMPEDERS SHOULD GET RECOGNITION

The CFL on TSN's commentators and analysts have been spending far too much time under those hot TV lights.

How else do you explain their CFL Power Rankings, unveiled following Week 4? While the rankings mean little — the CFL standings are all that really matters — TSN's group of respected football brains receive plenty of attention from fans and media each week.

But this same group's first offering of the season is so out of whack it warrants review. Presumably compiled by someone who has watched some games this season, TSN's list is a bit scrambled: 1. Saskatchewan (3-1), 2. Montreal (3-1) and 3. Calgary (3-1), is a top-three list that simply makes no sense. The Roughriders were smoked last week 40-20 by the Stampeders, who own the same record and deserve top spot on any sensible list. The Alouettes are enjoying a three-game win streak, but should fall to third based on a season-opening loss to the Riders.

"The Roughriders were smoked last week 40-20 by the Stampeders, who own the same record and deserve top spot on any sensible list."

ARGOS ROOKIE ON FIRE

Cory Boyd is light years from Mike Pringle's record of 13 consecutive 100-yard rushing games, but he's already gaining notoriety early in his first CFL campaign. The Toronto Argonauts' 24-year-old rookie tailback is just the fourth player in Argos history to post three consecutive 100-yard rushing games.

Bill Symons set the Argos team record by rushing for 100 or more yards in four straight games during the 1968 season. The Argos play tonight in Montreal, where Pringle established the seemingly untouchable CFL standard.

ESKIMOS UNDER PRESSURE

Jobs are on the line Friday night when the 0-4 Edmonton Eskimos host the B.C. Lions. Esks GM Danny Maciocia and/or head coach Richie Hall could be gone should the team field a performance as pitiful as its last outing in Winnipeg, when it fell behind 23-0 in the first half.

RIDER NATION

The Saskatchewan Roughriders are fortunate to enjoy the support of the CFL's best fans, affectionately known as the Rider Nation. But inside some CFL parks — most notably Edmonton, Calgary and Winnipeg — a small percentage of the watermelon-wearing faithful are soiling the entire group's reputation. A handful of Rider Priders always overindulge long before the opening kickoff and are a little too well lubricated by the third quarter when fist fights lead to ejections from the stadium.

Sports in brief

Raptors GM says Bosh 'checked out'

NBA. Chris Bosh's former general manager says the player was "checked out" late last season and chose not to play some of the Raptors' final games.

Talking on radio station FAN 590 in Toronto, Bryan Colangelo said Bosh wasn't the same player toward the end of the year. Colangelo said Monday that whether Bosh was "mentally checked out or, you know, just wasn't quite into it down the stretch, he wasn't the same guy. And I think everybody saw that, just no one wanted to acknowledge it."

THE ASSOCIATED PRESS

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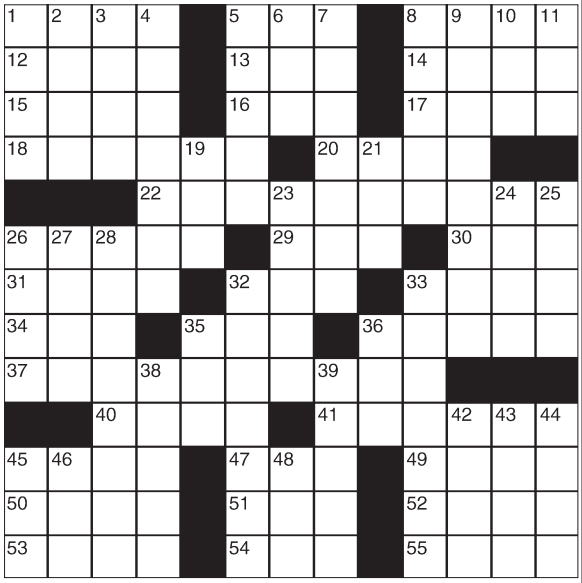
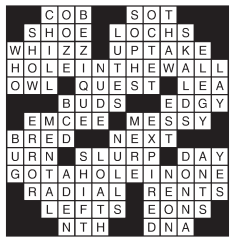
Crossword



Across
1 Detail, for short
5 Chest protector?
8 Surface gunk
12 Crooner Perry
13 Swiss canton
14 Watergate evidence
15 One side of the Urals
16 Tatter
17 Formerly, formerly
18 Aromatic resins
20 Nourish
22 Wealthy enough
26 Also-ran
29 Journal
30 Head movement
31 Black, in verse
32 Stick out
33 Applause
34 As well
35 Faux —
36 Greek triangle
37 Armoire contents, maybe
40 Tom's pal
41 Gorge
45 Give off
47 Sch. org.
49 Midmonth day
50 Protracted
51 Feedbag tidbit
52 Grazing areas
53 Palm starch
54 Dead heat
55 Harvard rival

Down
1 Con game
2 Flower
3 Eastern potentate
4 Become rough
5 Pop
6 One of the Gershwins
7 Abominable Snowman's cousin
8 Kind of wool
9 Vatican VIP
10 High periods
11 Encountered
19 That girl
21 Work unit
23 Collection of diamonds?
24 Typeface
25 Old Norse work
26 Reply to "Shall we?"
27 Reed instrument
28 Emollient
32 Big win in Vegas
33 Ponderously
35 USMC rank
36 Forensic ID
38 Expenditure
39 Angry
42 Concept
43 Conan of NPR
44 Being, to Brutus
45 Golfer Ernie
46 Kiwi's extinct cousin
48 Mai — (cocktail)

▶ Yesterday's answer



Sudoku

	3		7			6	4	
6				8		9		5
2				9				
	5	7			3		6	
				1				
	9		6			8	5	
				5				2
4		9		3				6
	8	2			7		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	1	3	4	2	8	9	7	6
9	4	6	7	3	1	2	5	8
7	2	8	5	6	9	1	3	4
6	8	2	3	1	5	4	9	7
4	3	5	6	9	7	8	1	2
1	7	9	2	8	4	5	6	3
8	6	4	9	5	3	7	2	1
2	5	7	1	4	6	3	8	9
3	9	1	8	7	2	6	4	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy MONTHSARY BABYKINS. I wanted to let you know that you mean alot to me and that I appreciate everything that we have experienced together in such a short period. We may still have many things to learn from each other, however, I know that we both have the desire to make this work.
BEANS

ZJA, Happy anniversary handsome..I am so lucky to have found you...you make me happier than I've ever thought possible I love you. ...heres to the next two years :)
LOVE ZOT ;)

ScoopDog....as we drive down the road together, your velvet voiced singing is music to my parched ears. I look forward to our next Ft. Mac. sleepover!
CHACHING

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 13° Max 29°	Min 13° Max 27°	Min 11° Max 24°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 You will get the chance to put a relationship on a firmer footing today. It will go better for both of you if you don't let your impatience get the better of you.

♉ Taurus April 20-May 21 Do you get along with the people you work with and for? If you do then you will get along even better today. If you don't then your differences will be highlighted and magnified. It seems there is no middle ground.

♊ Gemini May 22-June 21 Forget any ideas you had about slowing down because all sorts of new opportunities are one their way and you will have to act quickly and decisively to make the most of them. You may have to speed up.

♋ Cancer June 22-July 22 You will have to act fast over the next 24 hours, especially on the home front where loved ones are expecting you to show the way. Cancer is a cardinal sign, which means you have leadership qualities. So lead.

♌ Leo July 23-Aug.23 You may have good reason to be annoyed with someone's behaviour, but is it worth getting worked up about? Of course not.

♍ Virgo Aug. 24- Sept. 22 Even the most selfless of Virgos needs to pay the bills and make ends meet, and soon you will get the chance to boost your income. Money isn't evil, it's just another tool.

♎ Libra Sept. 23-Oct. 23 Mars in your sign over the next month or so promises that you won't be short of ambition or energy. The more effort you put into life the more you will get out of it, so stop thinking and start doing.

♏ Scorpio Oct. 24-Nov. 22 Attitude is always important, but never more so than now as cosmic goings-on play on your fears and encourages you to believe that the sky is falling. It isn't, and it won't.

♐ Sagittarius Nov. 23-Dec. 21 Even if you like to go your own way you will be required to work closely with other people this week. Show you can be a team player – the rewards will be worth it.

♑ Capricorn Dec. 22-Jan. 20 You should look to the future and working out ways to boost your income and your reputation. You have what it takes to be the biggest and the best.

♒ Aquarius Jan. 21-Feb. 18 Don't sit there feeling sorry for yourself and wishing you had made more of your opportunities – get out into the world and make a few more. You can do anything you want.

♓ Pisces Feb. 19-March 20 Everything will come right in the end — it always does — so what are you worried about? Your money situation may be giving you cause for concern but you're inventive enough to find a solution.
SALLY BROMPTON

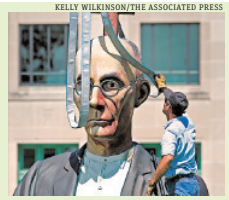
Caption contest

MANU FERNANDEZ/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KELLY WILKINSON/THE ASSOCIATED PRESS



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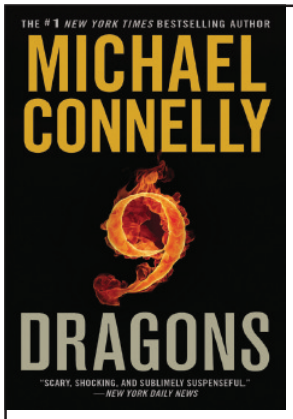
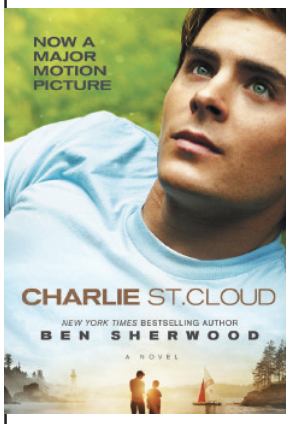
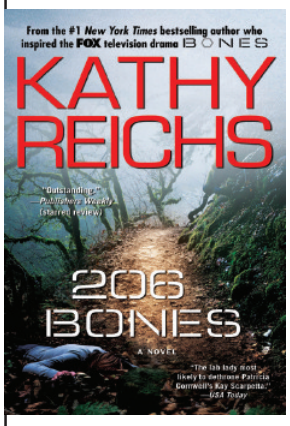
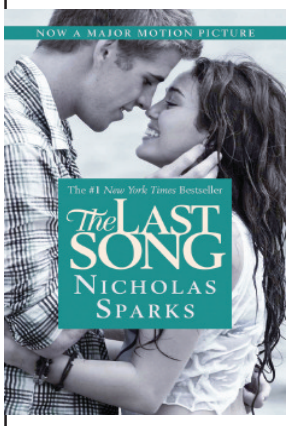




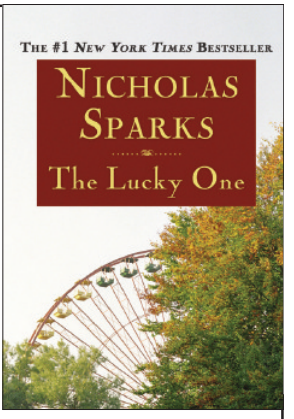


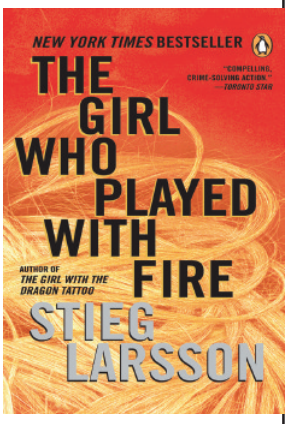


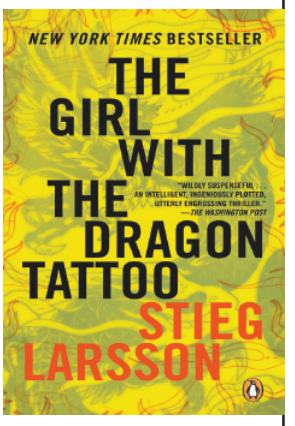
POCKET PAPERBACKS

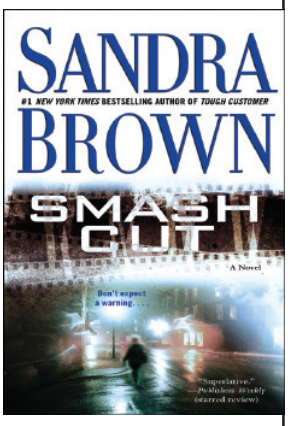
BUY 2 GET THE 3RD FREE*

Hurry, ends Sunday!









Chapters | Indigo | COLES

*Offer valid in store only between July 29 – August 1, 2010 on select, in stock pocket paperback books, while quantities last. Offer excludes kids' and teens' pocket paperbacks. Not valid in conjunction with any other offer or promotion (excluding everyday irewards discount). Not valid online or on kiosk orders. Free pocket paperback book must be of equal or lesser value than the lowest priced qualifying book purchased. We reserve the right to change or end this offer at any time without notice.

DO YOU HAVE CHRONIC PAIN?

CDPC™
CANADIAN DECOMPRESSION & PAIN CENTERS

Over 150,000 FDA and Health Canada Approved Treatments Given by Canada's largest chronic pain clinics. *Come for a free consultation to see how we can help!*

CONDITIONS TREATED:
- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called Neuro-Decompression. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually long lasting. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly). Neuro-Decompression is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people I have ever met in a clinical environment!

- Denise B., Calgary

I have had a lot of problems with my lower back and with my sciatic nerve...I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

When I first came to CDPC I couldn't walk. I had not been to work for many months. After about 4 treatments I could feel it working...it's the best money I've ever spent. I got my life back without pain, it's worth it. Just do it. It works.

- Russ C., Calgary

I came into the clinic with pain from 2 bulging discs. After the first few treatments, I could feel a significant improvement. Now that I have finished all the treatments, I have very minimal discomfort and only on occasional days when I am not active physically. I can now sleep totally without pain, where as before I woke up several times a night. I have already recommended the CDPC to others. Thank You to everyone who has helped me here!

- Beth S., Calgary

[CDPC] has been very helpful determining the appropriate spinal decompression treatments in relation to my pain sites. I have experienced some pain relief after 23 treatments for my lumbar and cervical spine. The severe pain in the center of my neck has lessened considerably and I rarely experience numbness in my right hand upon awakening. My lower back no longer hurts when standing...Sleepless nights due to pain are rare. Thank you for you help.

- Kathy L., Calgary

I will be forever grateful...the pain was excruciating and debilitating...I used to tell my friends and family that if I could cut off my leg I would...And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks...I am actually looking forward to being able to dance again.

- Rhona K., Calgary

You may qualify for a research study:

- 18 to 65 years old
- experience chronic neck and low back pain
- have tried at least 2 medications prescribed by your doctor to prevent pain

Certain patients will be seen by doctor and receive study care with costs partially or fully subsidized.

CDPC will be hosting a golf charity event in August!
See www.golfforhope.ca for details

CDPC™
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North Calgary - 2675 36th St N.E. - Unit 515 - **403.452.5600**

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